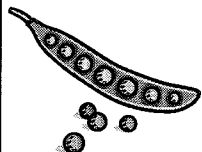


April 2015 Peas and Carrots

Provided by the Indiana FSSA's Division of Aging



"Our spring has come at last with the soft laughter of April suns and shadow of April showers." - Byron Caldwell Smith



Exercise and Physical Activity: Getting Fit for Life

Exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- Keep and improve your strength so you can stay independent;
- Have more energy to do the things you want to do;
- Improve your balance;
- Prevent or delay some diseases like heart disease, diabetes, and osteoporosis; and
- Perk up your mood and reduce depression.

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine!

Source: <http://www.nia.nih.gov/health/publication/exercise-and-physical-activity#four>

Word Search...NCAA Final Four, Physical Activity, and April Showers

K	C	M	X	F	B	A	B	P	C	R	L	Q	P	U
I	C	S	A	I	I	R	A	F	S	S	K	O	S	K
N	X	A	M	Y	A	T	I	C	R	V	R	P	E	A
O	D	K	N	C	F	W	N	E	N	T	G	S	I	M
I	T	C	K	S	X	L	V	E	I	O	R	K	R	T
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I	T	P	O	P	T	H	N	W	A	S	K	Z	L	L
V	F	F	W	F	Y	C	T	T	E	U	N	E	A	O
I	S	R	E	W	O	H	S	L	I	R	P	A	C	N
D	J	L	M	N	N	B	Z	U	A	Z	S	D	N	G
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L	K	C	E	X	E	R	C	I	S	E	Y	Y	Y	K
V	B	A	S	K	E	T	B	A	L	L	V	I	A	S

APRILSHOWERS
BASKETBALL
LONGWALKS
EXERCISE
HEALTHYSNACK
FINALFOUR
MAYFLOWERS
CLIMBSTAIRS
DIVISIONI
FITNESS
LEFTOVERS
NCAA
DANCE
PORTIONCONTROL
BRACKET
BURNCALORIES

Source: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>

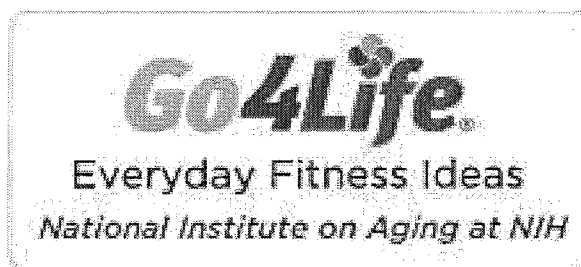


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www.in.gov/fssa/2329.htm

Choosing Healthy Restaurant Meals and Portion Sizes

Going out to eat is enjoyable, but restaurants often serve large meals, which can be high in calories, fat, and salt. Don't be afraid to ask how items on the menu are prepared and request substitutions. Here are a few tips from **Go4Life** to help make your meal both delicious and nutritious.



- Order a salad with lean meat, low-fat or fat-free cheese, and other healthy toppings. Choose low-fat or fat-free salad dressing, and ask for the dressing on the side so you can control how much you use.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled. Avoid fried food.
- Hold the “special sauces.” Ask the kitchen not to top your dish with butter or whipped cream.
- Select foods with a tomato-based or red sauce instead of a cream-based or white sauce. Tomato-based sauces usually contain more vitamins, less fat, and fewer calories.
- Ask for food to be prepared without added salt, and don't add salt at the table.
- Drink water, fat-free or low-fat milk, or other drinks without added sugars.
- Instead of fries, try a small baked potato or side salad with low-fat or fat-free dressing, or fruit.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.

Don't let your eyes get bigger than your stomach! Watching how much you eat helps you maintain a healthy weight. A “serving” is how much of each type of food you should eat to meet recommended daily nutrition requirements. A “portion” is how much of a single food is actually on your plate—and it can vary from meal to meal.

Quick Tip:

Put restaurant leftovers in the fridge within two hours, if not sooner. Then enjoy them the next day for lunch or dinner.

Use these examples for serving sizes:

- 3 ounces of meat or poultry = a deck of cards
- 1–1 1/2 ounces of hard cheese = four dice
- 2 tablespoons of cream cheese = a golf ball
- 1 cup of salad or cooked vegetables = a baseball
- 3 ounces grilled/baked fish = checkbook

Sources: Everyday Fitness Ideas from the National Institute on Aging at NIH www.nia.nih.gov/Go4Life, and <http://go4life.nia.nih.gov/sites/default/files/Serving%26PortionSizes.pdf>



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